TEAM AND INDIVIDUAL GAMES: COMPARISON OF PSYCHO-PHYSIOLOGICAL CHARACTERISTICS OF SPORTSPERSON

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Origin of the problem

There is common believe that individual game players differs from team games players in respect to psychological behaviour, and physiological efficiency. Sports are a psycho-social Activity. It has both psychological and social dimension besides physical, physiological and technical aspects. In this modern portion of a team is a much important as teaching the different skills of a game on the scientific base.

Psychology is at once the oldest and the youngest of the sciences. Even in the most primitive tribes there are some formulations about the nature tribes there are some formulations about the nature of the self and the nature of the mind. In fact, folk tales, mythology, and proverbs, in all languages of the world, reveal the interest of main himself and his knowledge about his desires and frustrations and his achievements and failures. Primitive animism is itself an evidence of the interest in his relations to other persons and objects. The essence of animism is that every material body whether it is the sun or the star, the river or the mountain, the plant or the animal, contains a second being within it, which is of a substance different from the material body. Thus animism postulates some the tribal man to understand the behavior of all the beings on earth and in the sky. Further the men of medicine of the ancient as well as the modern tribal groups are masters in the techniques of suggestion and hypnosis. The mantravadin of the village is a post-master in the technique of hypnosis though modern science has learnt about hypnosis only within the last hundred years. It is a familiar fact that when the daughter-in-law of the house behaves in a hysterical fashion and becomes violent, the mantravadin of the neighborhood is invited and with his chants and rituals he not only drive out the demon or the ghost, who is supposed to have been in possession of the woman, but also arranges skillfully some concrete evidence of the departure to the demon or ghost buy a loud sound of a stone dropping in the tape or a well in the neighbourhood.

Psychology may be broadly defined as the science of mind. The word is derived from the Greek and means the science of the soul. In ancient and medieval times psychology was regarded as a branch of philosophy dealing with the principle of life, sensation, intelligence and conation, especially in human beings. It was essentially speculative and static, in contrast to the modern practical and dynamic study of psychology. The chief psychological these of the scholastics included the unity and unifying power of the soul, its essential connection with the body, its spirituality and immoratality, and freedom of the will, and the dependence of the intellect upon sense data. Modern psychology, is, however, regarded as a branch of experimental biology. The kind of definition now generally behaviour and thought. Its predominantly experimental character has led to a decline of interest in such purely speculative questions as that of the relation of mind to body. It is known that mental process are related to changes in the nervous system, but the experimental psychologist is inclined to be little interested in whether this relation is one of parallelism or mutual interaction. The tendency of physiological psychology has regard both psychical and physiological events as different aspects of the same series of events. On the other hand, there all still exponents of the integrationist's view that psychical events act on the nervous system and are acted on by events in the nervous system. Generally the experimental psychologist is impatient of such problems, which affect little if at all his actual observation, and he is inclined to suspect that the existence of such questions is merely due to the inadequacy of language to express relationships of an order so remote from the problems of practical life with which language was designed to deal.

In a similar way literature abounds with examples of the insight of the poet, the dramatist and the novelist regarding the motives underlying human behaviour. The classics in different languages behaviour. The classics in different languages portray vividly the motives, the achievement and the frustrations of the human beings.

Psychology may be defined as the study of behaviour and experience. Thus the scope of psychology extends to the whole dominion of living beings. In fact many loaws of behaviour have been formulated on the basis of studies on animals. These laws have been found to be applicable to the behavour of human beings also. We may define general psychology as the study of human behaviour and experience. It also take into account the facts observed and the laws enunciated on the basis of experimental work with animals.

Behaviour is open to observation. It can be studied in the same way in which other phenomena in the universe can be studied. But among human beings there is also experience alongside with behaviour. The child who has learnt to speak will not only with draw his hand when he is pricked with a pin; he also shouts that it is hurting him. The pinprick not only leads to withdrawal, which is an observable behaviour, it also leads to an experience, which is expressed in the statement that the is suffering pain. This experience is not open to observation by others; it is private, it is personal. Only the person experiencing can make an assertion about it. The ancient thinkers were generally concerned with the study and analysis of these experiences. These are the mental activities that we are conscious of. We not only experience them we are also aware of them. But every mental neuromuscular system is involved in all mental activity. A fed decades ago the psychologist Watson tried to limit the scope of psychology to the near observation of human behaviour so that other persons concern it only with phenomena open to observation. In other words, it was his intention that psychology should be completely objective. Since experience is private, subjective, he said, that it should not be included in the scope of psychology. Thus there was a swing from almost exclusive preoccupation with the analysis of experience to a almost exclusive preoccupation with the analysis of experience to a campaign for the abandonment of experience.

Mental health

Similarly ‘ Health ‘ implies more than ‘ physical health ‘, it connotes in individual’s intrapsychic balance, the fit of his psychic structure with the external environment, and his social functioning. In common usage ‘ mental health ‘ often means psychological well-being and positive health (Schwartz & Schwartz, 1968).

‘Health is a state of complete physical, mental and social well being and not merely the absence of disease or infirmity ‘ defines the Constitution of the World Health Organization. This concept is very close to the definition of health according to Ayurvedic literature. Sushrut, a prominent proponent of this traditional system of Indian medicine, defines it is a state characterized by a feeling of spiritual, physical and mental well being(Prasannaatamindriya mana).

The identification and monitoring of indicators of mental health in all its facets, including subjective well being and quality of family life, is a matter of priority in the regional mental health programme of the South East Asian Region for the WHO.

Statement of the problem

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Objectives of the study

Primary objectives

The primary objectives of the study is to determine the Psychological characteristics of individual and team games players.

Secondary objectives

1. To study the Physical self-concept of between individual and team game players.
2. To study the Social self-concept of between individual and team game players.
3. To study the Temperamental self-concept of between individual and team game players.
4. To study the Educational self-concept of between individual and team game players.
5. To study the Moral self-concept of between individual and team game players.
6. To study the self-awareness of Emotional Intelligence between individual and team game players..
7. To study the Empathy of Emotional Intelligence between individual and team game players .
8. To study the Self-Motivation Emotional Intelligence between individual and team game players .
9. There would be significant no significant difference of Emotional Stability of Emotional Intelligence between individual and team game players .
10. To study the Managing Relation of Emotional Intelligence between individual and team game players .
11. To study the Integrity of Emotional Intelligence between individual and team game players .

Hypothesis:

The following hypothesis would be formulate in this study.

Psychological consept:

1. Self-concept questioner-SCQ .
2. Universal health of all variables.
3. Emotional behavior.

Physiologycalconsept :

1. Respiratory heart rate.
2. Blood pressure: Systolic and Diastolic.
3. Respiratory Rate.

Delimitation of the Study

- The present study will be delimited to male and female individual and team game players.
- The present study will be delimited to 200 Individual and 200 Team Sports Players.
- The present study will be delimited to the players of 17-25 years of age.
- The present study will be delimited to those players who was participated at university level.

Limitation of the study

- Since the both game players belonged to different level, hence the prior experience of the both players may be considered as a limitation to the study.
- Since the both game players belonged to different training background this may be also considered as the limitation of the study.
- The availability of the sophisticated instrument which may also be considered as the limitation of the study.

Definition and explanation of important terms

Emotional Intelligence

Emotional intelligence motivates employees to pursue their unique potential and purpose, and activates innermost potential values and aspirations, transforming them from things they think about, to what they do. Emotional intelligence enables one to learn to acknowledge and understand feelings in ourselves and in others and that we appropriately respond to them, effectively applying the information and energy of emotions in our daily life and work.

Self-concept

Self-concept means how a person thinks or feels about him/her self.

Mental Health

Mental health" is ambiguous and may be used in different ways. The word 'Mental' implies something more than the purely cerebral functioning of a person, it also stands for his emotional-affective states and the relationships he established with others.

PROCEDURE METHODOLOGY :-

This chapter explained the methodological details used to implement the study. Specifically, presented here are the general perspective and context of the study, an overview of the participants and a description of the procedures used in datacollection, and an explanation of data analysis.

Sample Size:-

200 individual and 200 team game players who are participating in KridaMahotshva will be select as sample size of the study. The individual players those who are participating in track and field event .

Selection of variables:-

Psychological variables = 1) Self concept questionnaire-SCQ.
2) Universal health of all variables.
3) Emotional behavior.

Physiological variables= 1) Respiratory heart rate.
2) Blood pressure: systolic and diastolic.
3) Respiratory rate.

Research design:

The design in a research study refers to the researcher's overall plan for answering the researcher's question or testing the research hypotheses. This study involves a cross sectional, comparative descriptive research design .

Inclusion and exclusion criteria

The inclusion and exclusion criteria for participants were as follows:

The inclusion criteria are:

1. The participant agreed to participate in the study via an informed consent.

2. The participants must be sedentary student in their under and post graduate degree programme aged range was 22 to 30 years.

3. The participants were not rotating through other health facility at the time of study.

The exclusion criteria are:

1. Active Physical illness. The participants advised not to participate if under any injuries and management within 2 weeks of study.
2. Inability to obtain the consent of the respondent.
3. Presence of chronic medical conditions such as asthma, heart disease or any other condition. And
4. Participants free from the smoking, drug abuse and alcohol consumptions during the experimental period

5. ***Source of Data:***

The study depends mainly on primary source of data. The data was collected through respondents in 400 players from different universities of Maharashtra

TOOLS OF THE STUDY :-

For the present study there will be two part of questionnaires, including

1.Demographic information :-

The data was collected through respondents in the form of different Universities. The demographic information about, age, exercise, etc. was obtained before seeking Questionnaire.

Self-concept questionnaire (SCQ) :

The questionnaire was constructed and standardized by Dr. Raj Kumar Saraswat. It consists 48 items and six dimensions. Each dimension contains eight Questions . Each item is provided with five alternatives. Responses are obtained on the test booklet itself. The maximum obtained score is 240 and minimum 48. High score in this inventory indicates a higher self-concept, while a low score shows low self-concept. The Reliability of the

questionnaire was found by test- retest reliability 0.91 for the total self-concept measure. The reliability coefficient of various dimensions varies from 0.67 to 0.88.

3. <u>Universal supreme health for all well-being (U.S.H.A QUESTIONNAIRE):</u>

It consist of 45 questions of three category are as : 15 question of each group and three question for each sub dimension The response f question are YES and No

i. ***Universal mental health for All Physical well-being it have five sub dimension such as Nutrition, Hygiene and safety, Exercise, De-Medication and De-addiction.***
ii. **Universal mental health for All Mental well-being such as** Happiness, Kindness and empathy, Learning, Self-esteem and Ethics.
iii. **Universal mental Health for All Spiritual well-being such as** Harmlessness, Awareness, Lovingness, Faith and Devotion and Transcendence and Joy.

4. ***<u>Emotional intelligence</u>***

Emotional intelligence by Ankaol Hyde (2007) its provide ten dimensions such as self-awareness empathy, self-motivation, emotional stability, managing relations, integrity, self-development, value orientation, commitment and altruistic behaviour of twenty eight questions.

<u>COLLECTION OF DATA</u> :-

The data will be collect during the KridaMahotsava.

<u>STATSTICALLY TECHNIQUES</u>:-

The statistically techniques play very significant role in the interpretation of numerical data obtained from individuals by giving numerical expressions to the relationship and the variations with respect to different aspects keeping in view and the aim of the study, following statistically tools have used for interpretation of data.

The statistical computation of data of the present study is used by using MS-Excel package in the computer. The result computed also crosschecked by using following statistical variables. Mean, standard deviation, and t-test. The level of significance was keep at 0.05 level of confidence to test the hypothesis.